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MONTHLY

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# INDUSTRIAL NUTRITION SERVICE

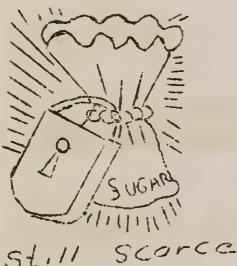
For employee publications, and individuals  
and groups promoting nutrition education

U. S. DEPARTMENT OF AGRICULTURE  
Commodity Credit Corporation  
Office of Supply

SEPTEMBER 1945

## FOOD NEWS

With Victory came the end of rationing of processed food. Sugar, meat, fats, and oils will continue to be rationed until the supply of these foods catches up with the demand, according to Secretary of Agriculture Clinton P. Anderson, who recently reviewed the food outlook for civilians.



### SUGAR IS STILL SCARCE

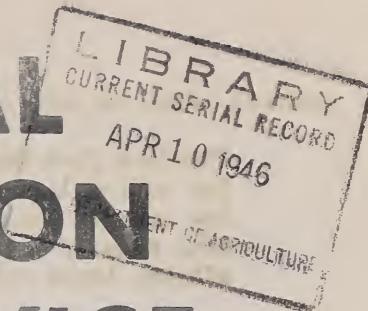
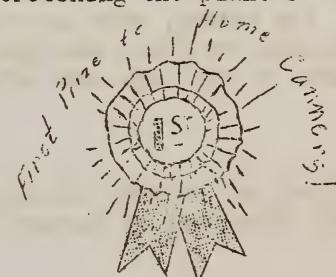
"The United States depends largely on world supplies of sugar," said Secretary Anderson, "and the world will be short of sugar until production in the Philippines, Java, and Europe recovers. Sugar rationing may be needed for another year." He added that some improvement will be possible as a result of reductions in military needs, and because of the prospective increase in sugar beet production in this country this year. He predicted that "it may be possible to provide a little more for civilians beginning early next year, but no substantial increase in world production of sugar can be expected before early 1947."

What does that mean to you?

On the present sugar supply, each person's share is about 1 tablespoon a day. Take only 1 teaspoon of sugar in your coffee so that your fellow workers may get their share, too. Don't complain when there is no frosting on the cake. Instead, remember that the cafeteria manager is having a tough time of it stretching the plant's sugar supply.

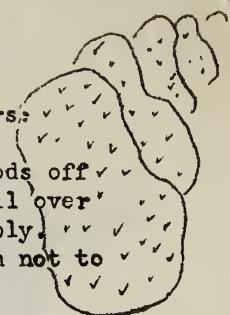
### A BOUQUET FOR HOME CANNERS

When discussing the lifting of rationing on processed foods, Secretary of Agriculture Anderson explained that military requirements for canned fruits and vegetables were greatly



reduced after the war ended. He also handed a bouquet to home canners.

"Another fact that entered into the decision to take these foods off the ration list was the good job being done by home canners all over the country which, like last year, is adding to our total supply. Home canners helped make this possible and I want to urge them not to slacken their efforts now. Food demands remain high."



Can fruits this year, and can all the vegetables from your garden that you do not use on the table. For successful methods of canning fruits with low-sugar content, write for a free copy of Home Canning of Fruits and Vegetables, AWI-93. If you would like good recipes for many kinds of relishes, pickled peaches, pears, and other fruit, and directions for making sauerkraut, ask for Pickle and Relish Recipes, AWI-103 (free). Send your requests to U. S. Department of Agriculture, Tenth Floor, Western Union Building, Atlanta 3, Georgia.

#### SPUDS ARE BACK AGAIN!



It's true; high quality Irish potatoes are back on the market in such quantities that they are heading our list of abundant foods for this month. To help you give them a feature spot on your lunch counters we're offering a few suggestions for their preparation.

#### Cooking Tips

"Spuds" can be featured many different ways. In fact, they may be cooked in a greater variety of ways than any other vegetable. They are highly nutritious and always economical, as well as being a "favorite" on the table.

To obtain the best color and flavor and to conserve the nutritive value of potatoes, follow these rules:

1. Cook potatoes in their jackets whenever possible. They may be peeled and sliced or diced for salad, scalloped, mashed, or pan or oven-fried.
2. When potatoes must be peeled, keep the pieces as large as possible to avoid cooking away so much of the food value, even though cutting in smaller pieces will save time.
3. Cook in boiling, salted water and only until tender.
4. Potatoes cooked in jackets should be opened as soon after cooking as possible to permit the steam to escape and whiten the potato. The faster the steam escapes, the whiter the potato.
5. For baking, wash potatoes, dry and lightly grease the skins. Then they are clean and soft for those who like to eat them with the skins on. (After all, that is the source of minerals and vitamins).

#### POTATOES AND MENUS



Most of the vitamin and mineral content of the potato is immediately beneath the skin, therefore it is well to cook them in the jackets just as often as is possible.

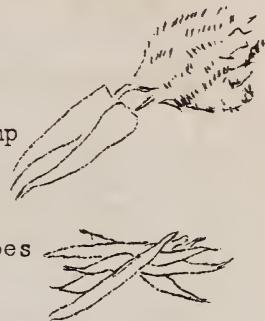
Potatoes steamed in their skins are especially good cubed and made into salad or sliced or diced and served in many other ways. Mashed potatoes may be steamed with their skins on.

Potatoes may be served as:

Scalloped sausage and potatoes  
Potato salad, hot or cold  
Scalloped chipped beef and potatoes  
In corn chowder  
In vegetable chop suey  
In meat stew  
Parsley buttered potatoes  
Hashed brown potatoes  
Creamed potatoes  
Mashed potatoes  
Potatoes au Gratin  
Escalloped potatoes and ham  
Baked in jackets  
Vegetable pie  
Casserole of liver with vegetables  
Potatoburgers  
Potatoes serve well as a garnish either mashed, browned or plain buttered to serve around many entrees.  
Duchess potatoes (mixed with beaten eggs and slightly baked).  
Mashed potatoes with pimento pressed through sieve and blended into potatoes.  
Any form of mashed potatoes may have tiny nests with eggs dropped in and baked.



Creamed potato soup  
Potato salad with shrimp  
In fish chowder  
In vegetable chowder  
In corned beef hash  
Steamed buttered potatoes  
Paprika potatoes  
Oven browned potatoes  
Creamed potatoes, peas, and carrots  
Potatoes O'Brien  
Escalloped potatoes  
Steamed in jackets  
Medley of vegetables  
Vegetable casserole  
Shepherd's pie  
Potato pancakes  
Baked, stuffed and served on the half shell either plain or with sprinkled grated cheese, ground meat, paprika, or minced parsley.  
Mashed potatoes and carrots, or turnips, or rutabagas.  
Mashed potatoes are varied by adding small amount of grated onion, chopped parsley, pickle juice, finely chopped boiled egg, or a combination of all.



#### HEALTH HINTS

Did rationing and food shortages endanger our national health? No indeed, is the answer of food and health experts the country over, as reported in the September issue of the American Magazine.

An overwhelming majority of the experts believe that the war has actually improved our nutrition. They point out that the American people are eating better balanced meals than they did before the war because they are:

- .....Drinking more milk
- .....Eating more green and yellow vegetables
- .....Eating more tomatoes and citrus fruit
- .....Eating bread enriched with vitamins and minerals.

Why not check your own food habits? Are you eating better than the average American? You are if you include these foods in your diet every day:

- .....1 pint of milk
- .....1 or more servings of green and yellow vegetables

.....1 or more servings of citrus fruits or tomatoes  
.....1 egg  
.....1 or more servings of meat, fish, poultry, cheese, or  
dry beans or peas  
.....Whole-wheat or enriched bread or cereal

Attached is reprint of an article by Dr. Robert S. Goodhart, Chief of the Industrial Feeding Programs Division, which appeared in the June issue of NATIONAL SAFETY NEWS. Dr. Goodhart stresses the importance of a good breakfast to the health, efficiency, and morale of the industrial worker.

### FOOD-ON-THE-JOB HERE AND THERE...

Down under, in Australia, plant cafeteria advisory committees are encouraged by their Government's Department of Labor and National Service. Among the suggested committee functions are pointers for plant labor-management committees interested in the food service:

- (1) Bring to the attention of the cafeteria manager suggestions designed to improve quality and increase the efficiency of the service.
- (2) Advise the cafeteria manager of complaints made by patrons and make recommendations to remedy them.
- (3) Secure full cooperation of the workers in avoiding waste, preventing property damage, and in helping to make the cafeteria efficient.

### In-Flight Feeding

Leave it to the Army Air Corps to get in-plant feeding up in the air! They call the newly adopted practice of feeding flight crews on-the-job in-flight feeding. The importance of maintaining the health and efficiency of our fliers has long been recognized. At first sandwich lunches were provided for the crews, but when bombing ranges increased, with missions often lasting 6 hours or longer, an improved food service was developed. Precocked food, reheated in insulated cabinets, is served when the plane is in flight, even though the temperature outside may be below zero.

To House Organ Editors: These articles may be included in your plant publications. Select those which will interest your readers.



# Starting the Day Right

By ROBERT S. GOODHART, Surgeon (R) USPHS

Chief, Industrial Feeding Programs Division  
War Food Administration

With an adequate breakfast an employee is bound to be a better worker and a happier, healthier individual

food in maintaining worker health, spirit, and safety.

Government agencies, most ably aided by industrial and educational forces in the field of good nutrition, began the tremendous task of improving America's eating habits. Great strides have been made in arousing public interest in better balanced meals, but much work still remains to be done. In particular, this business of breakfast needs more and continuous emphasis if the three-part job of improving worker health, lowering accident rates and raising efficiency is to be brought to a higher degree of success.

## The Neglected Meal

Not long ago, in a survey of industrial plants, it was found the most of the 5,000 workers observed did not eat any breakfast. Many of these travelled as far as 30 to 40 miles to work daily.<sup>3</sup> Traveling such distances would in itself take as much out of the average person as working one or more hours. Even those traveling lesser distances to work are under tremendous "hurry pressure." The morning scene in the average American home is all too familiar. Until the very last moment members of the family remain in bed.

Breakfast is too frequently no more than a cup of coffee and a slice of toast. Even "heavier" meals that do

not include enough of the right kinds of food are not good breakfasts.

Elementary and high schools are cooperating to see to it that the new generation understands the need for better combinations of food. Industrial plants through health, safety and personnel executives are also doing a good job. In industrial cafeterias and many commercial restaurants we find skilled dietitians planning meals which leading authorities say contribute a big share to individual health and efficiency. Much of this emphasis, however, is upon luncheon and dinner meals—and there should be no let-up in this quarter. However, breakfast is probably the most neglected meal and it deserves more attention.

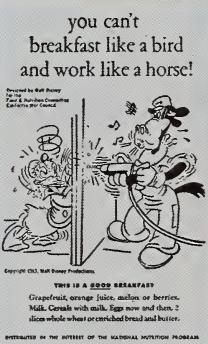
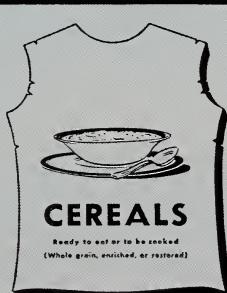
Here is a simple basic breakfast pattern which every American, from infancy up, might follow to his benefit. It calls for fruit, cereal, egg, milk, bread and butter. Additional calories and nutrients which may be required to meet individual needs are easily supplied by the addition of breakfast meats, and/or larger portions of the "basic pattern" foods. Health and nutrition authorities agree that one-quarter to one-third of the total amount of food required each day should be consumed at breakfast. This is recommended not alone for industrial workers but for everyone.<sup>4</sup>

The time between the evening meal

<sup>3</sup>"Adequate On-the-Job Feeding of Industrial Workers," O.W.I. Bulletin, March, 1944, in cooperation with W.F.A.

<sup>4</sup>Col. Paul Howe, Office of the Surgeon General, War Department; Miss Melva B. Bakke, Director, Nutrition Service, American Red Cross; Dr. C. F. King, Scientific Director, The Nutrition Foundation, Inc.; Dr. Russell M. Wilder, Mayo Clinic.

## A BASIC BREAKFAST PATTERN



<sup>1</sup>Industrial Medicine, May, 1944.

<sup>2</sup>Habit & Opinion Survey, Roper '43.

and breakfast may be between 12 and 14 hours. This is a long period. It should not be extended. If it is, mental alertness will give way to fatigue. Arising ten minutes or more earlier, eating a good breakfast, and having time to get to work without stress will not only mean fewer accidents and better work, but greater zest for living and a smoother temperament.

Women workers in industry—and unfortunately, girls in high school, too—are often heard to say that they cut out breakfast because they are "dieting." Breakfast is perhaps the most important meal of the day and should never be omitted. A proper diet plan is built around three regular meals a day, to maintain strength and vitality throughout the day. Three good meals a day, plotted to supply all the elements for energy and restoration, a good day's work, recreation of the right sort, and plenty of sleep will result in buoyant good health, and that's beauty in anyone's language.

Lately, we have heard much about food shortages. We have been told that some food may continue short long after the war. However, there is still an abundance of good breakfast foods. Here's a breakfast pattern and a quick survey of the facts on availability of recommended foods:

*Fruit.* Citrus fruits are now in plentiful supply; so are many others.

*Cereal.* Abundant.

*Egg.* Plentiful now.

*Bread.* Never short.

*Butter or fortified margarine.* Butter is high in point value right now but good margarine is somewhat lower.

*Milk.* Adequate.

When a worker eats an adequate breakfast he's bound to be a better worker and a happier, healthier individual.

A man engaged in medium light work requires about 3,000 calories per day.

If 1,000 calories are taken at breakfast, the worker is on the safe side, provided, of course, that every essential nutrient—proteins, carbohydrates, fats, vitamins and minerals—are adequately covered. Following the basic pattern assures such coverage.

As everyone knows, bad habits are easily cultivated but very difficult to uproot and change. That America's bad eating habits are being changed, slowly but surely, is true. To completely supplant them with good habits is still a big job calling for the continuous effort of everyone in industry and education. Particularly effective have been and will continue to be the splendid efforts of industrial safety, personnel and feeding executives. These men and women concentrating all of their influence upon nutritious food for health, beauty and vitality—with special emphasis on breakfast—can do much to put Americans back in the pioneer class for strength, vigor and alertness.

*Reprinted from National Safety News*